

# Utah Diabetes Directory

**2005**

➤ For People with Diabetes







The Diabetes Prevention and Control Program at the Utah Department of Health is pleased to introduce the 2005 Utah Diabetes Directory for People Affected by Diabetes. We want to thank those who helped to update the manual and make it more user friendly.

The purpose of this manual is to provide Utahns with basic diabetes information and a comprehensive summary of community diabetes resources/services and health insurance/medical assistance programs.

The information included in the manual is accurate as of November 2004. We have attempted to make the manual as easy to use as possible, presenting information by county when appropriate.

Please provide feedback or address questions to:

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P O Box 142107  
Salt Lake City, Utah 84114-2107  
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[www.health.utah.gov/diabetes](http://www.health.utah.gov/diabetes)

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# Basic Diabetes Information <

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# > Basic Diabetes Information

**Diabetes** is a chronic disease in which the body does not produce or properly use insulin. Insulin helps sugar leave the blood and go into the body's cells. If untreated, the sugar that builds up in your bloodstream can eventually damage your heart, eyes, kidneys and blood vessels.

## 4 Types—

**Type 1 Diabetes:** In Type 1 Diabetes, the body destroys the cells in the pancreas that produce insulin. People with this type of diabetes must take insulin shots to live. It is also referred to as “insulin-dependent diabetes.” 5% to 10% of people with diabetes have this type. Type 1 Diabetes usually begins in children and young adults.

**Type 2 Diabetes:** In Type 2 diabetes, the body does not produce enough insulin or cannot properly use the insulin it does produce. Type 2 is also called “non-insulin dependent diabetes,” because some who have it do not have to take insulin to stay alive. However, there are people who do take insulin shots with Type 2 diabetes to control their sugar level in the bloodstream. 90% to 95% of people with diabetes have Type 2.

**Gestational Diabetes:** Gestational Diabetes is diagnosed in 2% to 5% of all pregnancies, and usually disappears after the pregnancy is over. However, it can develop into Type 2 diabetes later on.

**Pre-Diabetes:** Pre-diabetes is when blood glucose levels are higher than normal but not yet high enough to be diagnosed as having diabetes. This was previously known as “impaired glucose tolerance” and “impaired fasting glucose.” Most people with pre-diabetes will develop diabetes within a decade unless they make modest changes in their diet and level of physical activity.



## Symptoms

Blurred vision  
Tingling or numbness in the hands and feet  
Frequent urination  
Excessive thirst  
Very dry skin  
Sores that are slow to heal  
More infections than usual  
Feeling very tired often  
Unexplained weight loss

## Risk Factors

A family history of diabetes  
African American, Hispanic/Latino, Asian, Pacific  
Islander or Native American descent  
45 years of age or older  
Overweight  
A prior history of gestational diabetes  
Not physically active on a regular basis  
A woman who has had a baby weighing more than  
nine pounds at birth



# Basic Diabetes Information

## Diabetes Tests

Manage your diabetes. Don't take chances.

You have diabetes. The tests listed below will help you keep your diabetes in control. The chart on this page shows the targets for good control. Diabetes can affect every part of your body, including your eyes, teeth, nerves, kidneys, and heart. The good news is that if you keep your diabetes in control, you can lower your chances of getting many of these health problems.

### **Hemoglobin A1c (HbA1c) –**

This is a blood test that shows the average amount of sugar in your blood over the last 2 to 3 months. Target level = 7.0 %. Should be done 2-4 times each year.

### **Blood Sugar Level –**

This is a blood test that shows the amount of sugar in your blood at the present time. Target level = Chosen by you and your doctor.

### **Blood Pressure –**

Measures the pressure of blood against your veins and arteries. High blood pressure can lead to heart disease, stroke or kidney disease. Target level = less than or equal to 130/80. Should be done at every regular doctor visit or at least 2 times each year.

### **Fasting Lipid Profile –**

This is a blood test to measure your total cholesterol, low density cholesterol ("bad" cholesterol), high density cholesterol ("good" cholesterol) and triglycerides (fats in the blood). Target level= Total Cholesterol= less than 180mg/dl; LDL=100 mg/dl; HDL= 45 mg/dl; Triglycerides=200 mg/dl. Should be done at least 1 time each year.

### **Microalbumin(Urine Protein) –**

This is a test that will measure the amount of protein in your urine. Target level =None or no increase. Should be done at least 1 time each year.

### **Foot Exam –**

Your doctor will check your feet for ulcers, blisters, cuts, deformities and tingling and numbness. Target level= No sores. A complete foot exam should be done at least 1 time each year.

### **Dilated Eye Exam –**

This is an exam where drops are put in your eyes to make your pupil large so your eye doctor can check the blood vessels in the back of your eyes with

# Basic Diabetes Information <

Basic Diabetes  
Information

# >Community Diabetes Resources

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## Health Facilities by County

*Individual diabetes instruction, group classes & screening tests offered*

### BEAVER

#### **Beaver Valley Hospital**

1109 North 100 West (PO Box 1670)  
Beaver, UT 84713  
Contact: Karla Evans, RN  
Phone: (435) 438-7109

#### **Services Offered:**

Individual Instruction  
Blood Pressure, Blood Sugar & HbA1c

☞ Spanish education available by appt.

#### **Milford Valley Memorial Hospital**

451 North Main St. (PO Box 640)  
Milford, UT 84751  
Contact: Nancy Carter, RN  
Phone: (435) 387-2411

#### **Services Offered:**

Blood Pressure, Blood Sugar & HbA1c

☞ Spanish education available by appt.

#### **Southwest Utah Public Health Dept.**

##### ***Beaver office***

325 East Center  
Beaver, UT 84713  
Contact: Reha Gray, RN  
Phone: (435) 438-2482

#### **Services Offered:**

Individual Instruction  
Blood Pressure, Blood Sugar & HbA1c

☞ Spanish interpreter available by appt.

For Times, cost & location call each specific Health Facility.

\* ADA Recognized and/or Utah State Certified Program

# >Community Diabetes Resources

## BOX ELDER

### **Bear River Valley Hospital \***

440 West 600 North  
Tremonton, UT 84337  
Contact: Vickie Tilley, RN, CDE  
Phone: (435) 716-5439

#### **Services Offered:**

Individual Instruction  
Support Group  
Weight Control  
Blood Pressure

### **Brigham City Community Hospital\***

*Columbia Diabetes Treatment Center*  
950 South 500 West (Medical Drive)  
Brigham City, UT 84302  
Contact: Dianne Curtis, RN  
Phone: (435) 734-4339

#### **Services Offered:**

Individual Instruction  
Group Classes  
Blood Pressure, Blood Sugar & HbA1c

☞ Translator available in all languages by appt.

## CACHE

### **Budge Clinic\***

1350 North 500 East  
Logan, UT 84321  
Contact: Cynthia White, RN, CDE  
Phone: (435) 752-0422

#### **Services Offered:**

Individual Instruction  
Group Classes  
Support Groups  
Weight Control  
Total Balance Class  
Blood Pressure and Blood Sugar

☞ Spanish interpreter available by appt.

### **Logan Regional Hospital \***

1400 North 500 East  
Logan, UT 84321  
Contact: Vicki Tilley, RN, CDE  
Phone: (435) 716-5439

#### **Services Offered:**

Individual Instruction  
Group Classes  
Support Groups  
Weight Control  
Total Balance Class  
Blood Pressure, Blood Sugar & HbA1c

☞ Spanish interpreter available by appt.

For Times, cost & location call each specific Health Facility.

\* ADA Recognized and/or Utah State Certified Program

# Community Diabetes Resources <

## CARBON

### **Castleview Hospital \***

*Columbia Diabetes Treatment Center*

300 North Hospital Drive

Price, UT 84501

Contact: Pam Konakis, RN, CDE, CPT

Phone: (435) 636-4822 or 636-4812

### **Services Offered:**

Individual Instruction

Group Classes

Blood Pressure, Blood Sugar & HbA1c

### **Southeastern Utah District Health Dept.**

28 South 100 East (PO Box 800)

Price, UT 84501

Contact: Joyce Pierce, RN

Phone: (435) 637-3671

**\*\*Call for other locations of Health Departments in the Carbon County area**

### **Services Offered:**

Blood Pressure, Blood Sugar, & Hematocrit

## DAVIS (see also page 69)

### **Davis Hospital and Medical Center**

1600 West Antelope Drive

Layton, UT 84041

Contact: Lora Kier, RN

Phone: (801) 774-7047

### **Services Offered:**

Blood Pressure & Blood Sugar

### **Hill Air Force Base Hospital**

*Outpatient Ed.*

75th Medical group

7321 11th St. Bldg 570

HAFB, UT 84056

Contact: Danielle Morris, RNBS

Phone: (801) 586-9572

### **Services Offered:**

Individual Instruction, Group Classes

Support Group, Weight Control

Pharmacy gives monitors with instruction

Blood Pressure, Blood Sugar & HbA1c

**\*Anyone with a HAFB pass can access services**

☞ Spanish and Philippine education & pamphlets available by appt.

For Times, cost & location call each specific Health Facility.

\* ADA Recognized and/or Utah State Certified Program

# >Community Diabetes Resources

## DAVIS Cont.

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### **Lakeview Hospital \***

*Columbia Diabetes Treatment Center*

630 East Medical Drive

Bountiful, UT 84010

Contact: Mesha Fagg, RD, CDE, CD, CPT

Phone: (801) 299-2470

### **Services Offered:**

Individual Instruction

Group Classes

Support Group

Weight Control

Blood Pressure, Blood Sugar & HbA1c

☞ Spanish interpreter and pamphlets available by appt.

## DUCHESNE

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### **Uintah Basin Medical Center \***

250 W 300 N (75-2)

Roosevelt, UT 84066

Contact: Carol Rassmussen, RN, CDE

Phone: (435) 722-6131

Contact: Linda McClellan, RD, CDE

Phone: (435) 722-6160

### **Services Offered:**

Individual Instruction

Group Classes

Weight Control

Monthly Lecture Series

Blood Pressure, Blood Sugar & HbA1c

## GARFIELD

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### **Garfield Memorial Hospital\***

224 N 400 E (PO Box 389)

Panguitch, UT 84759

Contact: Jan Frandsen, RN

Phone: (435) 676-8800

### **Services Offered:**

Individual Instruction

Blood Pressure, Blood Sugar & HbA1c

☞ Spanish interpreters available by appt.

### **Southwest Utah Public Health Dept.**

#### ***Panguitch Office***

609 North Main (PO Box 374)

Panguitch, UT 84759

Contact: Carolyn Hardman, RN

Phone: (435) 676-8800

### **Services Offered:**

Individual Instruction

Blood Pressure & Blood Sugar

For Times, cost & location call each specific Health Facility.

\* ADA Recognized and/or Utah State Certified Program



# Community Diabetes Resources <

## GRAND

### **Allen Memorial Hospital \***

719 West 400 North

Moab, UT 84532

Contact: Janel Arbon, RD, CDE

Phone: (435) 259-7191

### **Services Offered:**

Individual Instruction

Support Group

Blood Pressure, Blood Sugar & HbA1c

☞ Spanish and Navajo interpreters  
available by appt.

## IRON

### **Southwest Utah Public Health Dept.**

#### ***Cedar City Office***

88 East Fiddlers Canyon Rd, STE H

Cedar City, UT 84720

Contact: Terri Winslow

Phone: (435) 586-2437 ext. 4

### **Services Offered:**

Blood Sugar and HbA1c

## Iron Cont.

### **Valley View Medical Center \***

1303 N Main St

Cedar City, UT 84720

Contact: Sharon Chappell, RD

Rina Lister, RN, CDE

Phone: (435) 868-5470

### **Services Offered:**

Individual Instruction

Group Classes

Weight Control (Individual)

☞ Spanish interpreters, video and written  
materials available by appt.

## JUAB

### **Central Valley Medical Center \***

48 West 1500 North (PO Box 412)

Nephi, UT 84648-0412

Contact: Judy Cook, RN, BSN

Phone: (435) 623-3092

### **Services Offered:**

Individual Instruction

Group Classes

Blood Pressure, Blood Sugar & HbA1c

☞ Spanish interpreter available by appt.

For Times, cost & location call each specific Health Facility.

\* ADA Recognized and/or Utah State Certified Program

# >Community Diabetes Resources

## MILLARD

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### **Delta Community Medical Center**

126 South White Sage Avenue  
Delta, UT 84624  
Contact: Becky Perry, RN  
Phone: (435) 864-5591

#### **Services Offered:**

Individual Instruction  
Blood Pressure & HbA1c

### **Fillmore Community Medical Ctr.**

674 South Highway 99  
Fillmore, UT 84631  
Contact: Sharon Blad  
Phone: (435) 743-5591 ext 314

#### **Services Offered:**

Individual Instruction  
Weight Control (individual)  
Blood Pressure, Blood Sugar & HbA1c  
(available through Senior Life Club or  
during health fairs)

☞ Spanish available by appt.

## SALT LAKE (see also page 69)

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### **Alta View Internal Medicine**

10955 South State St., Ste 100  
Sandy, UT 84070  
Contact: Barb Smith-Holmen, NP  
Phone: (801) 572-0311

#### **Services Offered:**

Individual Instruction  
Blood Pressure, Blood Sugar & HbA1c

### **Diabetes Specialty Center\***

3793 South State  
Salt Lake City, UT 84115  
Contact: Sharon Peckon  
Phone: (801) 268-9699

#### **Services Offered:**

Full line of diabetes-related supplies in  
stock  
Individual Instruction  
Group Classes  
Support Group  
Blood Sugar

For Times, cost & location call each specific Health Facility.

\* ADA Recognized and/or Utah State Certified Program

# Community Diabetes Resources <

## Salt Lake Cont.

### **Granger Medical Clinic Pharmacy\***

3725 West 4100 South  
West Valley City, UT 84120  
Contact: Melissa Young, Pharm D., CDE  
Phone: (801) 965-3639

#### **Services Offered:**

Full line of diabetes-related supplies in stock  
Individual Instruction  
Group Classes  
Support Group

☞ Spanish interpreter available by appt

### **Health Clinic of Utah**

*Salt Lake City Clinic (Primary Care Network)*  
3195 South Main St., Suite 200  
Salt Lake City, UT 84114-2826  
Phone: (801) 468-0354

#### **Services Offered:**

Blood Pressure, Blood Sugar, HbA1c

### **IHC Hospitals\***

Alta View, Cottonwood, LDS  
Contact: Mary Bond, LPN, Diabetes Coordinator  
Phone: (801) 314-2894

#### **Services Offered:**

Individual Instruction  
Group Classes  
Nutrition consultation and weight concepts  
(call 314-2918 for appt)

☞ Interpreter available by appt.

### **IHC Urban Central Region Diabetes Education\***

Call for one of the 16 clinics located in Salt Lake and Davis counties  
Contact: Ginny Burns, RN, CDE  
Phone: (801) 442-2000

#### **Services Offered:**

Individual Instruction  
Group Classes

☞ Interpreters available by appt.

For Times, cost & location call each specific Health Facility.

\* ADA Recognized and/or Utah State Certified Program

# >Community Diabetes Resources

## Salt Lake Cont.

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### **Indian Walk-In Center**

120 West 1300 South  
Salt Lake City, UT 84115  
Contact: Antonio Williams,  
Diabetes Coordinator  
Phone: (801) 486-4877 ext. 25

#### **Services Offered:**

Individual Instruction  
Group Classes  
Support Group  
Weight control  
Cooking Classes

☞ Native American education & pamphlets available by appt.

### **Primary Children's Medical Center**

615 Arapleen Drive, Ste. 100  
Salt Lake City, UT 84108  
Contact: Lucie Jarrett, RN, APRN,  
MS, CDE  
Phone: (801) 587-3999

#### **Services Offered:**

Individual Instruction  
Group Classes  
Weight Control  
Insulin Pump Prep Class

☞ Spanish education materials available.

### **Jordan Valley Hospital \***

3580 West 9000 South  
West Jordan, UT 84088  
Contact: Elaine Eysser, BSN, CDE  
Phone: (801) 562-4245

#### **Services Offered:**

Individual Instruction  
Group Classes  
Weight Control  
Gestational Diabetes Education  
Insulin Pump Education  
Cholesterol Management Education  
Blood Pressure, Blood Sugar & HbA1c

☞ Spanish interpreter & brochures available by appt.

### **Seraphine Clinic**

6216 South Redwood Rd  
Taylorsville, UT 84123  
Phone: (801) 963-6966

#### **Services Offered:**

Individual Instruction  
Weight Control  
Blood Pressure, Blood Sugar, HbA1c

☞ Spanish interpreters available.

For Times, cost & location call each specific Health Facility.

\* ADA Recognized and/or Utah State Certified Program

# Community Diabetes Resources <

## Salt Lake Cont.

### **St. Mark's Hospital\***

*Columbia Diabetes Treatment Center*

1200 East 3900 South, Ste. 4T06

Salt Lake City, UT 84124

Contact: Ann Marie Brooks, MSN, CDE,  
BC-ADM

Karmeen Kulkarni, RD, MS, CDE,  
BC-ADM

Phone: (801) 268-7358, 268-7357

### **Services Offered:**

Individual Instruction, Group Classes

Support Group, Weight Control

Gestational diabetes, carbohydrate counting  
and exchanges counseling

Blood Sugar

☞ Spanish and Hindi education available  
by appt.

### **Utah Diabetes Center (UofU)\***

615 Arapeen Drive, St. 100

Salt Lake City, UT 84108

Contact: Geri Wood, RN, BSN, CDE

Phone: (801) 585-5413

Appt's: (801) 581-7761

### **Services Offered:**

Individual Instruction

Group Classes

Weight Control

Gestational and pump classes

Blood Pressure, Blood Sugar & HbA1c

☞ Spanish Interpreter available by appt.

### **University Wellness Center at University Pharmacy**

1320 East 200 South

Salt Lake City, Utah 84102

Contact: Richard Rasmuson, R.Ph

Phone: (801) 582-7624

### **Services Offered:**

Drug Interaction Medication Review

Blood Pressure, Blood Sugar & HbA1c

### **Veteran's Affairs Medical Center**

Available for patients only

Nutrition and Food

500 Foothill Drive

Salt Lake City, UT 84148

Contact: Mary Youtsey, RN

Phone: (801) 582-1565

### **Services Offered:**

Individual Instruction

Group Classes

Weight Control

Video Series of Diabetes Topics

Blood Pressure, Blood Sugar & HbA1c

☞ Interpreter available by appt.

For Times, cost & location call each specific Health Facility.

\* ADA Recognized and/or Utah State Certified Program

# >Community Diabetes Resources

## SAN JUAN

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### **San Juan Hospital and Clinic**

364 West 100 North  
P.O. Box 308  
Monticello, UT 84535  
Contact: Laurie Schafer, RN  
Phone: (435) 587-2116

### **Blanding Clinic**

804 North 400 West  
Blanding, UT 84511  
Phone: (435) 678-2254

### **Services Offered:**

Blood Pressure, Blood Sugar HbA1c

### **Montezuma Creek Health Center\***

*Utah Navajo Health Systems*  
PO Box 130  
Montezuma Creek, UT 84534  
Contact: Darlene Jim  
Phone: (435) 651-3291

### **Services Offered:**

Individual Instruction  
Group Classes  
Weight Control  
Glucometer Instruction  
Blood Pressure, Blood Sugar & HbA1c

☞ Navajo education available by appt.

### **Monument Valley Health Center\***

PO Box 360005  
Monument Valley, UT 84536  
Contact: Ernestine Harrison, BSN  
Phone: (435) 727-3242

### **Services Offered:**

Individual Instruction  
Blood Pressure, Blood Sugar & HbA1c

☞ Navajo education available by appt.

## SANPETE

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### **Central Utah Public Health Dept.**

#### ***Manti Office***

40 West 200 North  
Manti, UT 84642  
Contact: Debra Lindsey, RN  
Phone: (435) 835-2231

### **Services Offered:**

Blood Pressure & Blood Sugar

For Times, cost & location call each specific Health Facility.

\* ADA Recognized and/or Utah State Certified Program

# Community Diabetes Resources <

## Sanpete Cont.

### **Gunnison Valley Hospital\***

64 E 100 N  
(PO Box 759)  
Gunnison, UT 84634  
Contact: Melody Goff, RN  
Steve Litteral, RN  
Phone: (435) 528-3955 or (800) 324-1801

#### **Services Offered:**

Individual Instruction  
Group Classes  
Support Groups  
Blood Pressure, Blood Sugar & HbA1c  
(Available at support group or senior center  
one time a month)

☞ Spanish education available by appt.  
Brochures are also available call Anna  
Pearson (435) 528-3955

## SEVIER

### **Sevier Valley Hospital Health Center\***

1100 North Main  
Richfield, UT 84701  
Contact: Maxine Hiss, RN  
Phone: (435) 893-0371

#### **Services Offered:**

Individual Instruction  
Blood Pressure, Blood Sugar, HbA1c  
(referred to hospital)

For Times, cost & location call each specific  
Health Facility.

\* ADA Recognized and/or Utah State  
Certified Program

### **Sanpete Valley Hospital**

1100 South Medical Drive  
Mt. Pleasant, UT 84647  
Contact: Tammy Tucker, RN  
Phone: (435) 462-2441

#### **Services Offered:**

Individual Instruction  
Group Classes  
Weight Control  
Blood Pressure, Blood Sugar & HbA1c

☞ Spanish interpretation & materials  
available by appt.

## TOOELE

### **Mountain West Private Care**

196 East 2000 North, Suite #107  
Tooele, UT 84074  
Contact: Eileen DeLeeuw, RD, CDE  
Phone: (435) 882-4163

#### **Services Offered:**

Individual Instruction  
Group Classes  
Weight Control  
Gestational Diabetes  
Pump Education

☞ Spanish and Samoan interpretation  
available by appt.

# >Community Diabetes Resources

## UINTAH

### **Ashley Valley Medical Center \***

151 West 200 North

Vernal, UT 84078

Contact: Joyce Buhler, RD, CD, CDE

Vickie Berg, RN, CDE

Phone: (435) 789-3342 x174

#### **Services Offered:**

Individual Instruction

Support Group

Weight Control

Gestational Meter Loan Program

Blood Pressure, Blood Sugar & HbA1c

### **Tri-County Health Department**

147 East Main Street Vernal, UT 84078

Contact: Lynne Gagon, APRN, BS

Phone: (435) 781-5476

**\*\*Call for other locations of Health Departments in the Tri-County Area**

#### **Services Offered:**

Individual Instruction

Group Classes

Weight Control (Refers to local resource)

HbA1c

## UTAH

### **American Fork Hospital \***

170 North 1100 East

American Fork, UT 84003

Contact: Jill Larsen, RN, CDE

Phone: (801) 763-3471

#### **Services Offered:**

Individual Instruction

Group classes

Support Group

Weight Control

Gestational Diabetes

Blood Pressure & HbA1c

### **Health Clinic of Utah**

*Provo Clinic (Primary Care Network)*

150 East Center Street, #1100

Provo, UT 84606

Phone: (801) 374-7011

#### **Services Offered:**

Blood Pressure, Blood Sugar & HbA1c

☞ Spanish education available by appt.

Call (801) 357-3516.

For Times, cost & location call each specific Health Facility.

\* ADA Recognized and/or Utah State Certified Program



# Community Diabetes Resources <

## Utah Cont.

### **Mountain View Hospital\***

*Columbia Diabetes Treatment Center*

1000 East 100 North

Payson, UT 84651

Contact: Callene Bobo, RN, BSN, CDE,  
CPT

Phone: (801) 465-7045

### **Services Offered:**

Individual Instruction

Group Classes

Weight Control

Gestational Diabetes Course

Insulin Pumps, Carb Counting, Insulin  
Ratios

Blood Pressure, Blood Sugar & HbA1c

### **Timpanogos Regional Hospital**

750 West 800 North

Orem, UT 84057

Contact: Ruthann Jarvis, RN

Phone: (801) 714-6022

### **Services Offered:**

Weight Control

Gestational Diabetes

Blood Pressure, Blood Sugar & HbA1c

## WASATCH

### **Utah Valley Regional Medical\***

1134 North 500 West

Provo, UT 84604

Contact: Dawn Higley, RN, MSN, CDE

Phone: (801) 357-7546

### **Services Offered:**

Individual Instruction

Group Classes

Support Group

Weight Control

Pediatrics Support Group

Blood Pressure, Blood Sugar & HbA1c

☞ Spanish education available by appt.

### **Heber Valley Medical Center\***

1485 South Highway 40

Heber City, UT 84032

Contact: Sharon Korhel, RN, BSN

Phone: (435) 657-4383

Contact: Betty Wade, RD

Phone: (435) 657-2371

### **Services Offered:**

Individual Instruction

Group Classes

Weight Control

Nutritional Analysis

Blood Pressure, Blood Sugar & HbA1c

☞ Spanish education available by appt.

For Times, cost & location call each specific  
Health Facility.

\* ADA Recognized and/or Utah State Certified Program

# >Community Diabetes Resources

## Wasatch Cont.

### **Wasatch County Health Department**

55 South 500 East  
Heber City, UT 84032  
Phone: (435) 654-2700

#### **Services Offered:**

Individual Instruction  
Group Classes  
Support Group (by request)  
Weight Control (by request)  
Blood Pressure & Blood Sugar

### **Enterprise Valley Medical Clinic**

223 South 200 East (PO Box 370)  
Enterprise, UT 84725  
Contact: Caroline Wallin, MA  
Phone: (435) 878-2281

#### **Services Offered:**

Individual Instruction  
Weight Control  
Blood Pressure, Blood Sugar & HbA1c

☞ Spanish education available by appt.

## WASHINGTON

### **Dixie Regional Medical Center \***

544 South 400 East  
St. George, UT 84770

#### **IHC, River Road Clinic\***

577 South River Road  
St. George, UT 84770

Contact: Holly Glore, RN, CDE

Phone: (435) 688-5085

#### **Services Offered:**

Individual Instruction  
Group classes  
Weight Control  
Blood Pressure, Blood Sugar & HbA1c

☞ Interpreters available by appt.

### **Southwest Utah Public Health Dept.**

#### **St. George Office**

168 North 100 East  
St. George, UT 84770

Contact: Ruthann Adams, RN

Phone: (435) 673-3528

\*\*Call for other locations of Health  
Departments in the Southwest area

#### **Services Offered:**

Blood Pressure, Blood Sugar & Hematocrit

For Times, cost & location call each specific Health Facility.

\* ADA Recognized and/or Utah State Certified Program

# Community Diabetes Resources <

## WAYNE

### **Wayne County Community Health Ctr.**

128 South 300 West (PO Box 303)

Bicknell, UT 84715

Contact: Gina Flanagan, Administrator

Phone: (435) 425-3744

#### **Services Offered:**

Individual Instruction

Weight Control

Blood Pressure, Blood Sugar & HbA1c

☞ Spanish education available by appt.

## WEBER

### **McKay Dee Hosptial\***

*Endocrine & Diabetes Clinic*

4403 Harrison Blvd., Ste. 3630

Ogden, UT 84403

Contact: Julieann Steiner, MS, RD, CDE

Phone: (801) 387-7900

#### **Services Offered:**

Individual Instruction

Group Classes

☞ Spanish education available by appt.  
Call (801) 398-7900.

### **McKay Dee Hospital**

*Outpatient Diabetes Education\**

4401 Harrison Blvd.; Quick Diagnostics

Ogden, UT 84403

Contact: Dana Gundersen, RD, CDE

Phone: (801) 387-7520

#### **Services Offered:**

Individual Instruction

Group Classes

Weight Control Class

☞ Spanish interpreter and pamphlets  
available by appt.

### **Health Clinic of Utah**

*Ogden Clinic (Primary Care Network)*

2540 Washington Blvd., Suite #122

Ogden, UT 84401

Contact: Debra Whipple, ANP

Rhett Hansen, Clinic Coordinator

Phone: (801) 626-3670

☞ Services Offered:

Blood Pressure, Blood Sugar & HbA1c

For Times, cost & location call each specific Health Facility.

\* ADA Recognized and/or Utah State Certified Program

# >Community Diabetes Resources

## Local Health Department Services

(May vary depending on location)

- √ AIDS Testing & Counseling
- √ Birth & Death Certificates
- √ Cancer Prevention & Education
- √ Child Health Evaluation & Care
- √ Child Restraint Rentals
- √ Cholesterol Screening & Education
- √ Dental Health
- √ Diabetes
- √ Epidemiology and Surveillance
- √ Family Planning & Services
- √ Handicapped Children's Services
- √ Health Promotion & Risk Reduction
- √ Blood Pressure Screening & Education
- √ Immunizations (all ages)
- √ Maternal & Child Health Care
- √ Pregnancy Testing & Counseling
- √ Prenatal & Postpartum Care
- √ Refugee Care
- √ Sexually Transmitted Disease
- √ Sudden Infant Death Syndrome (SIDS) Counseling
- √ WIC Program

## Local Health Departments

Website: [www.health.utah.gov/lhd](http://www.health.utah.gov/lhd)

\*\*Call for location of branches within each county or district

<b>Bear River District</b> 655 East 1300 North Logan, Utah 84341 Phone: (435) 752-3730 Fax: (435) 792-6600	<b>Summitt City/County</b> 85 North 50 East (PO Box 128) Coalville, Utah 84017 Phone: (435) 336-3222 Fax: (435) 336-3286
<b>Central Utah</b> 70 Westview Drive Richfield, Utah 84701 Phone: (435) 896-5451 Fax: (435) 896-4353	<b>Tooele County</b> 151 North Main Street Tooele, Utah 84074 Phone: (435) 843-2300 Fax: (435) 843-2304
<b>Davis County</b> 50 East State Street (PO Box 618) Farmington, Utah 84025-0618 Phone: (801) 451-3340 Fax: (801) 451-3144	<b>Tri-County</b> 147 East Main Street Vernal, Utah 84078 Phone: (435) 781-5475 Fax: (435) 781-5372
<b>Salt Lake Valley</b> 2001 South State Street, S-2500 Salt Lake City, Utah 84190-2150 Phone: (801) 468-2750 Fax: (801) 468-2748	<b>Utah County</b> 151 S University Ave Provo, Utah 84601 Phone: (801) 851-7000 Fax: (801) 851-7009
<b>Southeastern Utah District</b> 28 South 100 East (PO Box 800) Price, Utah, 84501 Phone: (435) 637-3671 Fax: (435) 637-1933	<b>Wasatch City/County</b> 55 South 500 East (PO Box 246) Heber City, Utah 84302 Phone: (435) 654-2700 Fax: (435) 654-2705
<b>Southwest Utah</b> 168 North 100 East St. George, Utah 84770 Phone: (435) 673-3528 Fax: (435) 628-6713	<b>Weber/Morgan District</b> 2570 Grant Avenue Ogden, Utah 84401 Phone: (801) 399-8433 Fax: (801) 399-8306

# >Community Diabetes Resources

## Community Health Centers

**PURPOSE:** To provide quality primary health care by Doctors, Nurse Practitioners and Physician Assistants to the general population (particularly low income, uninsured and under insured). Staff is available to speak languages other than English. Medicaid workers are also available to help patients.

**SERVICES:** (Depending on location)

- Dental
- Diabetes Education
- Family Planning
- Health Education Counseling
- Immunizations
- Individual & Family
- Nutritional Counseling
- OB/GYN care
- Perinatal management
- Prenatal care/delivery

**Salt Lake Locations:** (call for more details)

**Central City CHC**

461 South 400 East  
SLC, UT 84111  
Phone: (801) 539-8617

**Copperview CHC**

8446 South Harrison Blvd  
Midvale, UT 84047  
Phone: (801) 566-5494

**Northwest CHC/**

**Stephen D. Ratcliffe**  
1365 West 1000 North  
SLC, UT 84116  
Phone: (801) 328-5750

**Oquirrhview CHC**

4745 South 3200 West  
SLC, UT 84118  
Phone: (801) 964-6214

**Wasatch Homeless  
Healthcare, Inc.**

404 South 400 West  
SLC, UT 84101  
Phone: (801) 364-0058

## Outside Salt Lake

**Carbon Medical**

305 Center Street  
East Carbon, UT 84520  
Phone: (435) 888-4411

**Enterprise Valley**

223 South 200 East  
Enterprise, UT 84725  
Phone: (435) 878-2281

**Green River Medical Ctr.**

305 West Main  
Green River, UT 84525 Phone:  
(435) 564-3434

**Midtown CHC**

670 28th Street  
Ogden, UT 84403  
Phone: (801) 393-5355

**Monument Valley Clinic**

4 Rock Door Canyon Drive  
Monument Valley, UT 84536  
Phone: (435) 727-3241

**Mountainlands CHC**

215 West 100 North  
Provo, UT 84601  
Phone: (801) 374-9660

**Montezuma Creek CHC**

East Highway 262  
Montezuma Creek, UT 84534  
Phone: (435) 651-3291

**Southwest Utah**

168 N. 100 E  
Saint George, UT 84770  
Phone: (435) 986-2565

**Utah Farm Worker**

**Health Program**  
14 North 100 East #2  
Brigham City, UT 84302  
Phone: (801) 325-9580

**Wayne County CHC**

128 South 300 West  
Bicknell, UT 84715  
Phone: (435) 425-3744

## Primary Health Care

- ◆ **Clinica Medica Familiar de las Americas**  
4070 South 4000 West  
West Valley City, UT 84120  
(801) 577-9094
- Services: Medical health care.  
Hours: M, W, F 1pm-6pm. Other hours by appt. Walk-ins welcome.  
Fees: Fee for service. \$40 for initial visit; \$30 for follow-up visits. \$15 for blood sugar test.
- 650 South Redwood Rd.  
Salt Lake City, UT 84104  
(801) 886-0930
- Services: Medical health care.  
Hours: Walk-in T, Th, F 2-6pm. Other hours by appt.  
Fees: Fee for service. \$40 for initial visit; \$30 for follow-up visits. \$15 for blood sugar test.
- ◆ **Fourth Street Clinic**  
404 South 400 West  
Salt Lake City, UT 84101  
(801) 364-0058
- Purpose: Provides primary health care, medical referral, and optical services, substance abuse, medical eligibility to homeless people only.  
Services: Adult and pediatric primary health care and referral.  
Well-child screening and referral, including immunizations, WIC services and AFDC referral, health care outreach, and optical services.  
Hours: M-F, 8:30am-noon and 1-5pm.  
Fees: None.
- ◆ **Holy Cross Ministries**  
2570 West 1700 South.  
Salt Lake City, UT 84104  
(801) 908-0293 x. 30  
Contact: Sister Miriam JoAnne, RN
- Purpose: Provide information and access to primary health care.  
Services: Health fairs: information and blood glucose screening.  
Individual teaching and referrals to primary health care.  
Information provided in English and Spanish.  
Hours: M-F 8am-5pm.  
Fees: Donations and contributions accepted.

# >Community Diabetes Resources

## Primary Health Care Continued

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### ◆ **Holy Cross Ministries Promotora**

7828 S. Allen St.  
Midvale, UT 84047  
(801) 565-8430

Purpose: Provide individualized information and access to primary health care.  
Services: Outreach program: Individualized information and screening available at home. Health fairs. Health workers are bilingual. Transportation to facilities and translation at medical appointments.  
Hours: M-F 8:30am-5pm.  
Fees: Donations and contributions accepted.

### ◆ **IHC Neighborhood Clinic - Atkinson Clinic**

(At the Lincoln Elementary School)  
1090 Roberta Street  
Salt Lake City, UT 84111  
(801) 578-8376

Purpose: Provides primary health care to students and families in the neighborhood of Lincoln Elementary School, including the residents in zip codes 84111, 84101 and 84102 **only**.  
Services: Adult and pediatric primary health care and referral, well-child screening and referral, including immunizations.  
Hours: Mon.-Fri. 8am-4pm (Sept-May); Mon.-Fri. 7am-Noon (Summer)  
Closed school holidays  
Fees: Offers sliding fee services to low income and uninsured people who qualify. Accepts insurance and private pay.

### ◆ **IHC Neighborhood Clinic - David A. Salisbury Clinic**

(At the Sorenson Multicultural Center),  
855 West California Avenue  
Salt Lake City, UT 84104  
(801) 977-0502  
(801) 977-0514 Fax

Purpose: Provides primary health care to residents in zip codes 84104, 84128, and 84119 **only**.  
Services: Adult and pediatric primary health care and referral, well-child screening and referral, including immunizations.  
Hours: Mon. & Fri. 8am-5pm, Tues., Wed., & Thurs., 8am-7pm  
Closed on City and State Holidays.  
Fees: Offers sliding fee services to low income and uninsured people who qualify. Accepts insurance and private pay.



## Primary Health Care Continued

### ◆ **IHC Neighborhood Clinic - Rose Park Elementary School Clinic**

1125 West 1000 North  
Salt Lake City, UT 84116  
(801) 578-8491

**Purpose:** Provides primary health care to the students and families in the neighborhood of Rose Park Elementary School, including, residents in zip codes 84116, 84114 and 84103 **only**.

**Services:** Adult and pediatric primary health care and referral, well-child screening and referral, including immunizations.

**Hours:** Mon. 2pm-8pm; Wed. 9am-3pm; Thurs. 2pm-8pm; Fri. 9am-3pm. Closed school holidays.

**Fees:** Offers sliding fee services to low income and uninsured people who qualify. Accepts insurance and private pay.

### ◆ **Magna Center for Family Medicine Foundation, (MCFM)**

8211 West 3500 South  
Magna, UT 84044  
(801) 250-9638 x. 131

**Purpose:** To deliver healthcare to the growing number of underserved and uninsured who do not qualify for federal or state healthcare programs. Eligible to people who live in the Magna/West Valley are between 21st South and 56th South and between The Oquirrh Mountains and Bangeter Highway.

**Services:** MCFM covers the following medical needs: 1) Family Practice Medical care for acute care (illness, infection, fractures, lacerations, etc.) and chronic care (diabetes, hypertension, depression, etc.)

**Hours:** Sunday-Saturday 8am-10pm

**Fees:** Contact Kurt Micka at 250-9638 x131. A small co-pay may be

# >Community Diabetes Resources

## Primary Health Care Continued

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### **Seraphine Clinic**

6216 South Redwood Rd  
Taylorsville, Utah 84123  
(801) 963-6966 / 417-1418

Purpose: To provide medical care to uninsured people.

Services: Individual instruction, weight control, blood pressure, blood sugar, and HbA1c (All staff speaks English and Spanish)

Hours: M-F 9am-6pm and Saturday 10am-2pm.

Fees: Varies upon service.



### **Utah Medical Association**

540 East 500 South  
Salt Lake City, UT 84102  
(801) 355-7477

Refers patients with diabetes to an endocrinologist or gives background information on all physicians who are members of the Utah Medical Association. Will also take complaints for legal issues and concerns.

## Primary Care Network Health & Dental Clinics

### Administration Office

288 North 1460 West, SLC, UT 84115

Phone: (801) 538-9984

Hours: M-F 8am-5pm

- Purpose:** Provides information and access to primary health and dental care.
- Services:** Provides comprehensive primary and dental care to low income persons who are not eligible for Medicaid or Medicare.
- Fees:** Services are provided on a sliding scale basis according to income.

### Health Clinic of Utah

#### Ogden Health Clinic of Utah

2540 Washington Blvd., Suite #122

Ogden, UT 84401

Phone: (801) 626-3670

Hours: M-Th 8am-6pm; Fri 8am-5pm

#### Provo Health Clinic of Utah

150 East Center Street, #1100

Provo, UT 84606

Phone: (801) 374-7011

Hours: M-Th 7:30am-6pm

#### Salt Lake City Health Clinic of Utah

3195 S Main, Suite #200

SLC, UT 84115

Phone: (801) 468-0354

Hours: M-F 7:30am-5pm

After Hours: M-F 5-6:30pm

### Family Dental Plan

#### Ellis Shipp Family Dental Plan

4535 South 5600 West

West Valley, UT 84120

Phone: (801) 969-8243

Hours: M-Th 7:40am-4:30pm;

Fri 7:40-11:30am

#### Layton Family Dental Plan

360 S. Fort Lane, Suite #3A

Layton, UT 84041

Phone: (801) 546-2263

Hours: T/Th/Fri 7:30am-6pm

#### Ogden Family Dental Plan

298 24th St, Suite #360

Ogden, UT 84790

Phone: (801) 394-4495

Hours: M-Th 7:30am-6pm

#### Provo Family Dental Plan

150 East Center Street, #1100

Provo, UT 84606

Phone: (801) 371-1024

Hours: M-Th 7:30am-6pm

#### Salt Lake City Family Dental Plan

3195 S. Main, Suite #200

SLC, UT 84115

Phone: (801) 468-0342

Hours: M-Th 7:30am-5pm; Fri 7:30-11:30am

#### St. George Family Dental Plan

321 N. Mall Dr., #M101

St. George, UT 84790

Phone: (435) 652-3806

Hours: M-Th 7:30am-5:30pm;

Fri 7:30-11:30am

# > Medical Insurance

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## Children's Health Insurance Program (CHIP)

CHIP is a state health insurance plan for children. Many working Utah families who don't have other health insurance qualify for CHIP.

### **Check for open enrollment.**

#### **Where to Apply?**

- Check for open enrollment online. You can apply online or print and mail an application. <http://www.health.utah.gov/chip>
- Visit an eligibility office - to - find an office near you, please call 1-887-KIDS-NOW.

## Covered at Work

Covered at work is a program that may be able to help pay for part of your health insurance. You must qualify and have access to health insurance through your job.

### **How to Apply:**

- You can apply online or print and mail an application. <http://www.health.utah.gov/caw>
- Visit an eligibility office - to - find an office near you, for questions, or to get an application please call the Utah Department of Health Resource Line at 1-888-222-2542.

# > Medical Insurance

## Medicaid

*Medical insurance coverage for people with low incomes or those who cannot afford the cost of health care.*

### Who can sign up for Medicaid?

- ✓ People who qualify for the Family Employment Program (FEP)
- ✓ People in families who are not covered under FEP may qualify for “medical assistance only,” depending on their circumstances
- ✓ Those who qualify for Supplemental Security Income (SSI)
- ✓ People who are disabled, blind, over age 65 or under age 18 may be qualified if they have limited incomes and resources
- ✓ Pregnant women who meet program requirements
- ✓ Individuals eligible for Medicare may also be eligible to have Medicaid pay the premiums for Medicare Part B, a supplemental medicare policy and/or the deductibles and co-pays for Medicare

### -- TO APPLY --

Call your local Medicaid Eligibility Office at the County/District Health Department or Department of Workforce Services for an office nearest you at:

**(801) 538-6155 or (800) 662-9651**

**<http://www.health.utah.gov/medicaid>**

☆ You will need to sign an application and give certain information about you and your family. Your Medicaid eligibility worker will determine whether you are eligible and will let you know in writing.

### For information, contact:

**Administrative Offices:**

**Cannon Health Building**

288 N 1460 W (PO Box 143106)

Salt Lake City, UT 84114-3106

(801) 538-9984 or (800) 662-9651

## Medicare

### Medicare Provides insurance to:

- People who are 65 years of age or older
- People who are disabled
- People with permanent kidney failure

### The benefits include: (Medicare has 2 parts)

- ☐ **Medicare Part A:** Hospital Insurance. It provides coverage of inpatient hospital services, skilled nursing facilities, home health services and hospice care. An annual deductible plus a 20% co-pay is required.
- ☐ **Medicare Part B:** Medical Insurance. It helps pay for the cost of physician services, outpatient hospital services, medical equipment and supplies and other health services. A 20% co-pay is required.
- ☐ **Other:** Many companies offer Medicare Supplement policies. The policies vary in cost and benefits. The supplements cover some or all of the co-pay and some cover prescription drugs.

*Enroll by filling out an application form from your local Social Security Administration office.*

### For information, contact:

**State Division: Regence BlueCross BlueShield of Utah: (800) 633-4227**

# > Medical Insurance

## Primary Care Network (PCN)

PCN is health coverage for adults who qualify. PCN is offered by the Utah Department of Health.

**Check for open enrollment.**

**How to Apply:**

- You can apply online or print and mail an application.  
<http://www.health.utah.gov/pcn>.
- Visit an eligibility office - to find an office near you, please call the Utah Department of Health Resource Line at 1-888-222-2542.

## Utah Comprehensive Health Insurance Pool (HIP)

This insurance is for:

- Any person in Utah who is unable to get insurance coverage or whose insurance premiums are high.
- or-
- Any person who has resided in Utah for at least one year, or who is 25 years of age or less, and a dependent of a resident.

HIP is limited to those who cannot get insurance privately or through an employer. By applying to HIP it may be possible to receive “certification” that will require private companies to accept you.

For single coverage, costs are close to private insurance. Benefits are 80%/20% with a \$500, \$1000, or \$2500 deductible, and there is a six month pre-existing condition waiting period.

**For applications and information, contact:**

**Regence BlueCross BlueShield of Utah**

PO Box 30270

Salt Lake City, UT 84130-0270

(801) 333-5573 or toll-free (800) 624-6519

<http://www.ut.regence.com/needcoverage/hiputah>



## Major Health Insurance Plans

Customer Service phone numbers for questions about your coverage

- ◆ Altius Health Plans ..... (800) 377-4161
- ◆ Cigna Health Care of Utah, Inc. .... (800) 245-2471
- ◆ Deseret Mutual Benefit Administrators (DMBA) ..... (801) 578-5600
- ◆ Educator's Mutual Insurance Association (EMIA) ..... (801) 262-7476
- ◆ Healthy U ..... (888) 271-5870
- ◆ IHC Health Plans ..... (800) 442-9023
- ◆ Molina Health Care of Utah ..... (888) 483-0760
- ◆ Public Employees Health Plan (PEHP) ..... (800) 765-7347
- ◆ Regence BlueCross BlueShield of Utah ..... (800) 462-2767
- ◆ United HealthCare of Utah ..... (800) 824-9313

# > Medicine Assistance Programs

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\*See also pages 54-59 for Industry and Medical Supply patient assistance programs.

## **RxConnectUtah**

For more information call 1-866-221-0265 or visit <http://www.health.utah.gov/rxconnectutah>.

RxConnectUtah links a person to resources to get the prescriptions they need. A person must qualify for services. For example: If someone needs a prescription but doesn't have health insurance to pay for it, RxConnectUtah may be able to help.

## **Affordable RxMeds**

For more information or to apply by phone call 1-877-MEDS-4-ME (1-877-633-7463) or visit [www.affordablerxmeds.com](http://www.affordablerxmeds.com).

Purpose: To assist patients with getting their medications.

- Programs Based on a U.S. Government Mandate
- Complete Consultation & Assistance
- Over 2000 Drugs Available
- Low Monthly Payment Plans
- Highest Rate of Success Obtaining Low Cost Medications
- Superior, Personalized Service
- Patient Privacy Protected

# > Medicine Assistance Programs

## Diabetes Trust Foundation

### **To find out more information or to get an application contact:**

Shira Fogel

National Program Director

1222 14th Avenue South, Suite 204

Birmingham, Alabama 35205

Phone: 205-939-3402 or 800-577-1383

Fax: 205-939-3408

[sfogel@diabetestrustfoundation.org](mailto:sfogel@diabetestrustfoundation.org)

### **Purpose:**

To provide individuals temporary access to necessary diabetic medications and supplies, and direct these individuals to the proper pharmaceutical company assistance program where they can apply for long-term assistance.

### **Criteria:**

- Applicant must not be covered under any type of private or government insurance program.
- Applicant must be under a physicians care for their diabetes.
- Applicant must have a valid prescription from their physician for their diabetic medications and/or supplies.

Individuals who meet these criteria are invited to submit a Patient Assistance Application to their local Diabetes Trust Foundation chapter, or to the national DTF office in absence of a local chapter.

## Free and Low Cost Prescription Drugs 7th Edition

The revised seventh edition, “Free and Low Cost Prescription Drugs” expanded to 48 pages, now includes over one hundred programs and over 1,100 drug listings. The book gives proven tips, tools and tactics on how and where to get free and low cost prescription drugs.

**To order visit:** [www.institutedc.org](http://www.institutedc.org)

## HelpingPatients.org

To get started visit <http://www.helpingpatients.org/Intro.php> or call 1-800-762-4636

### **Purpose:**

To help low-income, uninsured patients get free or nearly free brand-name medicines.

## Medicine Prescription Program

### **To request a free brochure or application:**

PO Box 515, Doniphan, MO 63935-0515

Phone: 1-573-996-7300 M-F 8am-5pm CST

Website: [www.themedicineprogram.com](http://www.themedicineprogram.com)

### **Purpose:**

To assist patients who may qualify to enroll in one or more of the many patient assistance programs now available. These programs provide prescription medicine free-of-charge to individuals in need, regardless of age, if they meet the sponsor's criteria.

### **Requirements:**

- The applicant has no insurance coverage for outpatient prescription drugs.
- The applicant does not qualify for a government program which provides for prescription medication, e.g. Medicaid.
- The applicant's income is at a level which causes a hardship when the patient is required to purchase the medication at retail. (Varies with each program sponsor)

### **Application Process:**

Mail the completed program application form and the following listed items:

1. The name, address and phone number of the person taking the medication.
2. The name of his/her medication(s).
3. The name of your doctor who prescribes the medication.
4. The Medicine Program requires a \$5.00 processing fee for each medication requested. This fee is payable to The Medicine Program.

## >Community & Education Services

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## Emergency Aid/Food

### ◆ **Catholic Community Services**

Services to Seniors  
2570 West 1700 South  
Salt Lake City, UT 84104  
(801) 977-9119

**Purpose:** Provides food vouchers for people with special dietary needs, i.e. diabetics. Assist seniors with food, clothing, utilities, a weekly visit to the home bound, personal care items and referrals.

**Eligibility:** Direct assistance at or below 150% poverty level or 125% only for utilities. Case management is required.

**Hours:** Monday-Friday, 8:30am-5pm, by appointment.

**Fees:** None.

### ◆ **Centro de la Familia de Utah**

3780 South West Temple  
Salt Lake City, UT 84115-4461  
(801) 521-4473

**Services:** Provides the Head Start Program, Nuevo Dia Program, Family Literacy Program, Americas Award and Reference and Resource Library, Migrant Head Start Program, and Ask a Police Officer Night.

**Eligibility:** Depends on program

**Hours:** Monday-Friday 9am-5pm. Depends on program.

**Fees:** None.

### ***La Puerta Abierta Program (The Open Door)***

3780 South West Temple  
Salt Lake City, UT 84115-4461  
(801) 521-4473

**Services:** To help families find food, access medical care, connect with education resources, locate legal services, and resolve other critical problems.

**Eligibility:** Depends on program

**Hours:** Monday-Friday 9am-5pm.

**Fees:** None. Just a smile.

# >Community & Education Services

## Emergency Aid/Food Continued

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### ◆ **Community Action Program**

Administrative Office  
764 South 200 West  
Salt Lake City, UT 84101  
(801) 359-2444

Services: Can provide emergency 3-day supply of food. Please call for the  
Neighborhood Center nearest you. (SLC-Tooele)  
Eligibility: Six times in a twelve month period.  
Hours: Monday-Friday 8:30am-5pm.

### ◆ **Community Services Council**

1025 South 700 West  
Salt Lake City, UT 84104  
(801) 978-2452

Services and Eligibility: Provide minor home repair assistance such as electrical, carpentry,  
plumbing, and yard services to low income people 60 + years old, and  
people with disabilities who own a home in SL County. Food boxes  
are also prepared for homebound individuals who are 60+ years old, or  
people with disabilities physically unable to shop for own food or have  
no one else to help.  
Hours: Monday-Friday 8am-5pm.

### ◆ **Crossroads Thrift**

1385 West Indiana Avenue (850 South)  
Salt Lake City, Utah 84104  
(801) 359-8837

Services: Emergency supplies, cooking utensils, or clothing, provided at low or  
no cost.  
Eligibility: Must have referral from the Food Pantry, official agency, or church.  
Hours: Tuesday-Friday 10am-6:30pm.; Saturday 10am-5pm.



## Emergency Aid/Food Continued

### ◆ **Crossroads Urban Center**

347 South 400 East  
Salt Lake City, UT 84111  
(801) 364-7765

Services: Provides emergency 3-day supply of food, diapers, formula; vouchers are available to the thrift store for clothing, prescriptions, gasoline and bus tokens.

Eligibility: Picture I.D. for adults; Verification for children.

Hours: Monday-Friday 9am-5pm.

### ◆ **Eagle Ranch**

PO Box 26144  
SLC, UT 84126  
(801) 254-4945

Services: Eagle Ranch Distribution Center: food, furniture, clothing, personal care. Call for appointment. and location.

Eagle Ranch Chuchwagon: Sunday brunch 7-11am at 500 S. 600 W.

Thanksgiving and Christmas 8am - 2pm at 500 S. 600 W.

Eligibility: Anyone in need. Call for appointment.

Hours: By appointment.

# >Community & Education Services

## Emergency Aid/Food Continued

### ◆ Expanded Food & Nutrition Education Program

Utah State University Education Program  
Department of Nutrition and Food services  
Logan, UT 84322-8749  
State Office Phone: (435) 797-2139

Services: Teach low income families how to budget food dollars, plan and prepare meals. Nutrition assistants work one-on-one in the homes of individuals.

Fees: None.

Locations: Listed by county.

Beaver:	(435) 438-6451	Morgan:	(801) 829-3472
Box Elder: Brigham	(435) 734-3387	Piute:	(435) 577-2901
Tremonton	(435) 257-5447	Salt Lake (Incl. Utah):	(801) 468-3170
Cache:	(435) 752-6263	San Juan:	(435) 587-3239
Carbon	(435) 636-3233	Sanpete:	(435) 283-7596
Duchesne:	(435) 738-1140	Sevier	(435) 893-0470
Emery:	(435) 381-2381	Summit:	(435) 336-3218
Garfield:	(435) 676-1113	Tooele:	(435) 843-2350
Iron:	(435) 586-8132	Uintah:	(435) 781-5452
Juab:	(435) 623-3450	Wasatch:	(435) 654-2700
Kane:	(435) 644-2551	Washington:	(435) 652-5812
Millard: Delta	(435) 864-1480	Wayne:	(435) 836-2662
(Tu/Thu) Fillmore	(435) 743-5412	Weber (Incl. Davis):	(801) 399-8200

### ◆ Healthy Aging Program

1992 South 200 East  
Salt Lake City, UT 84115  
(801) 468-2772

Services: Provides prevention, education and screening services aimed to reduce the risk of illness, substance abuse or misuse. More specifically, health insurance information, health screenings, seminars, workshops and presentations, education includes help for non-English speaking elders, dental referrals, nutrition assessments and food services.

Eligibility: Must be a citizen of Salt Lake County and 60+ years old.

Hours: Monday - Friday, 8am-5pm. (Clinic hours vary).

Fees: Contributions for services are accepted, but not required.

## Emergency Aid/Food Continued

### ◆ **Indian Walk-In Center**

120 West 1300 South  
Salt Lake City, UT 84115  
(801) 486-4877

**Services:** Provides diabetes education to Native Americans to improve understanding and care at every level. Also available are canned foods and food packages for families, health and dental care through Community Health Centers, and substance abuse intensive out-patient program for adult men and women.

**Eligibility:** Must fill out an application and show picture identification.

**Hours:** Monday-Friday 8:30am-noon; 1-4:30pm.  
Closed Thursdays at 3pm.

**Fees:** None.

### ◆ **Meals On Wheels**

Nutrition Program

For a local program refer to specific Area Agencies on Aging (See pages 48-50).

**Services:** Provides home delivery of hot lunches to elderly residents. Meals can be catered to those who need special diets as prescribed by their physicians.

**Eligibility:** Homebound seniors 60+ years old homebound, chronically ill or unable to prepare own meals. Applicants are screened.

**Fees:** Suggested confidential contribution. Varies by county.

### ◆ **Rescue Haven**

1165 South State St.  
Salt Lake City, UT 84111  
(801) 521-5925

**Services:** Three meals served per day, seven days per week and clothing. A recovery program for addictions is also available.

**Eligibility:** Women and children. Those who want to be a resident must follow accepted rules: curfew, Bible study and program attendance.

**Fees:** None.

# >Community & Education Services

## Emergency Aid/Food Continued

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### **Rescue Mission**

463 South 400 West  
Salt Lake City, UT 84101  
(801) 355-1302

Services: Meals provided for men, women, and children (when accompanied by parents). Breakfast is served Monday through Saturday at 6:15-6:45am. Dinner served at 8pm for those attending the chapel service. A clothing exchange and shower facilities are also provided M/W/F 9-11:30am. Beds are available for seven consecutive days in a 30-day period. Males can stay on the floor for up to 30 consecutive days if overflow is open. Residential long term recovery program.

Eligibility: Males, 18+ years old. (Must have ID)

Fees: None.



### **Salvation Army Treatment Center**

252 South 500 East  
Salt Lake City, UT 84102  
(801) 322-1253

Services: Provides hot meals served 6-7:30 pm seven days a week and clothing M-F, 1-3pm. Provide vouchers for furniture. A Drug and Alcohol Program for men and women is also available.

Eligibility: Interview with counselor.

Fees: Depends on individual circumstances.



### **Salvation Army Adult Rehabilitation Program**

2615 Grant Avenue  
Ogden, UT 84401  
(801) 621-3580

Services: Breakfast is served 7:30-8am. Bread line M-F at 12:30pm. Clothing, furniture, and food vouchers available. A Drug and Alcohol Rehabilitation Program for men is available on an in-patient only, six month program.

Eligibility: Two forms of Photo ID for adults and verification for children. Proof of address - receipt, bill, or referral required for vouchers.

Fees: None.

## Emergency Aid/Food Continued

### ◆ **Senior Center Programs and Congregate Meals**

For a local program refer to specific Area Agencies on Aging (*See pages 49-50*).

(801) 468-2496

Services: Provide nutritious meals, crafts and activities, health screening, social recreation and educational programs at 17 senior citizen centers in Salt Lake County and other statewide centers. Transportation available on scheduled days.

Eligibility: 60+ years old.

Fees: None. Suggested confidential contribution.

### ◆ **St. Paul's Episcopal Church**

261 South 900 East

Salt Lake City, UT 84102

(801) 322-5869

Services: Food pantry and Grief group counseling (Call for schedule). On first Sunday of each month, blood pressure checks available following service.

Eligibility: At or below 150% poverty level. Must have ID for family. Walk-ins accepted.

Fees: None.

Hours: Monday-Thursday 10am-1pm (Food Pantry).

### ◆ **St. Vincent DePaul/Weigand Homeless Day Center Soup Kitchen**

235 South Rio Grand

Salt Lake City, UT 84011

(801) 363-7710

Services: Provide meals, clothing rooms and legal services (Thursdays, 1pm).

Eligibility: Anyone.

Fees: None.

Hours: Meals served Monday-Friday 11:30am-1pm, Saturday 11am.

Additional Services: Case management, haircuts Monday 1pm-4pm, laundry 6:30am-2pm (\$1 per load), showers everyday 7:30am-10:00am. Storage, mail drop.

Hours: Monday-Friday 7:30am-11:30am, 12:30pm-4:45pm.

# >Community & Education Services

## Emergency Aid/Food Continued

### ◆ **Utah State Library for the Blind and disabled**

250 North 1950 West, Suite A

Salt Lake City, UT 84116-7901

(801) 715-6789 or TDD (801) 715-6721

1-800-662-5540 (Utah Toll Free); 1-800-453-4293 (Out of State Toll Free)

Services: Provides cassette player, and books and magazines on cassette, in large print or in braille. Materials are also available in languages other than English.

Eligibility: If you are blind, have a visual disability or have physical limitations, you must be certified by a “competent authority.” Call for more information and an application.

Hours: Monday-Friday 8am-5pm.

Fees: None.

### ◆ **Utahns Against Hunger**

309 East 100 South

Salt Lake City, UT 84111

(801) 328-2561 or (800) 453-3663

Services: Information, education, and advocacy concerning food problems. Pre-screening for food stamp applicants. Referral to food related sources.

Eligibility: Anyone.

Fees: None.

### ◆ **Utah Department of Workforce Services**

Statewide locations can be accessed by calling (801) 526-9675 or visiting [www.jobs.utah.gov](http://www.jobs.utah.gov)

Mission: To provide quality, accessible, and comprehensive employment related and supportive services responsive to the needs of employers, job seekers, and the community.

## Utah Division of Aging and Adult Services

### Services:

- Access Services
- Adult day care/foster care
- Adult protective services
- Disease prevention and health promotion
- Elder care campaign
- Health Insurance Information Program (HIIP)
- In-Home Services
- Legal Assistance
- Long-Term Care Ombudsman
- Multipurpose Senior Centers
- Nutrition Programs
- Protective Financial Arrangements
- Title III-B Supportive Services
- Title V Senior Community Service Employment
- Volunteer Programs

Helen Goddard, Director

120 North 200 West Suite #325, Salt Lake City, Utah 84103  
(801) 538-3910

<b>District I</b> (Box Elder) (Cache) (Rich)	Roger Jones and Michelle Benson, Directors Bear River Area Agency on Aging 170 North Main Logan, UT 84321 Phone: (435) 752-7242
<b>District IIA</b> (Morgan) (Weber)	Kelly Van Noy, Associate Weber Area Agency on Aging 237 26th Street, Suite 320 Ogden, UT 84401 Phone: (801) 625-3770
<b>District IIB</b> (Salt Lake)	Shauna O'Neil, Director Salt Lake County Aging Services 2001 South State, #S1500 Salt Lake City, UT 84190-2300 Phone: (801) 468-2454
<b>District IIC</b> (Davis)	Rich Connelly, Acting Director Davis County Council on Aging 50 East State Street (PO Box 618) Farmington, UT 84025 Phone: (801) 451-3370; 451-3377
<b>District IIT</b> (Tooele)	Butch Dymock, Director Tooele County Division of Aging & Adult Services 59 East Vine Street Tooele, UT 84074 Phone: (435) 882-2870

# >Community & Education Services

## Aging and Adult Services Continued

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<b>District III</b> (Summit) (Utah) (Wasatch)	Ted Livingston, Director Mountainland Department of Aging & Family Services 586 East 800 North Orem, UT 84097 Phone: (801) 229-3800
<b>District IV</b> (Wayne) (Paiute) (Juab) (Sanpete) (Millard) (Sevier)	Ross Bumgardner, Director Six County Area Agency on Aging 250 North Main, Room 5 (PO Box 820) Richfield, UT 84701 Phone: (435) 896-9222
<b>District V</b> (Beaver) (Garfield) (Iron) (Kane) (Washington)	Bob Rasmussen, Director Five-County Area Agency on Aging 1070 W 1600 S (PO Box 1550, 84770) St. George, UT 84771 Phone: (435) 673-3548 (St. George) Phone: (435) 586-2975 (Cedar City) Phone: (435) 676-2281 (Panguitch)
<b>District VIA</b> (Daggett) (Duchesne)	Diana Jenson, Director Uintah Basin Area Agency on Aging 855 East 200 North (112-3) Roosevelt, UT 84066 Phone:(435) 722-4518
<b>District VIC</b> (Uintah)	Joan Janes, Director Uintah County Area Agency on Aging 155 South 100 West Vernal, UT 84078 Phone: (435) 789-2169
<b>District VIIA</b> (Carbon) (Emery) (Grand)	Maughan Guymon, Director Southeastern Utah Area Agency on Aging 375 South Carbon Avenue (PO Drawer 1106) Price, UT 84501 Phone: (435) 637-4268
<b>District VIIB</b> (San Juan)	Rick Bailey, Director San Juan County Area Agency on Aging 117 South Main (PO Box 9) Monticello, UT 84535-0009 Phone: (435) 587-3225



## Vision Services

### ◆ **Division of Services for the Blind and Visually Impaired**

250 North 1950 West Suite B  
Salt Lake City, UT 84116  
(801) 323-4343 or (800) 284-1823

Services: Vocational rehabilitation, employment assistance services, amblyopia screening, home services, deaf-blind services, counseling, adaptive equipment resources, adaptive device sales, mobility classes, low-vision clinics, follow-up and training, and an apartment based skills training program.

Eligibility: Must be legally blind.

Hours: Monday-Friday, 8am-5pm.

Fees: None.

### ◆ **EyeCare America**

The Foundation of the American Academy of Ophthalmology  
655 Beach St  
San Francisco, CA 94142-9098  
1-800-391-EYES (3937)  
Website: [www.eyecareamerica.org](http://www.eyecareamerica.org)  
Hours: 24 hours 7 days a week

#### **Glaucoma EyeCare Program:**

Eligibility: U.S. citizens or legal residents who have not had an eye exam in 12 months or more. Callers at an increased risk for glaucoma: family history, race, age. Do not have eye care insurance through an HMO or the VA.

About the

Program: The Glaucoma EyeCare Program promotes early detection and treatment of glaucoma. It raises awareness of glaucoma risk factors (family history, race, age), provides free glaucoma educational materials and facilitates access to medical eye care. People may call the toll free helpline at 800-391-EYES anytime, for themselves and/or family members and friends, to request free glaucoma educational material and determine if they qualify for a referral to one of EyeCare America's 7,500 volunteer ophthalmologist nationwide.

# >Community & Education Services

## Vision Services Continued

### **Senior Eye Care Program: (SEP)**

**Eligibility:** U.S. citizens or legal residents ages 65 and older who have not seen an ophthalmologist in 3 years or more. Callers may not belong to an HMO or have VA benefits.

**About the Program:** The Senior EyeCare program ensures that every senior has access to medical eye care and promotes annual, dilated eye exams. It raises awareness about age-related eye disease, including cataracts, provides free eye care educational materials and facilitates access to eye care - at no out-of-pocket expense for eligible seniors. Those eligible receive a comprehensive medical eye exam and treatment for any disease diagnosed at the time of the initial visit for up to one year. People may call the toll free helpline at 1-800-222-EYES anytime, for themselves and /or family members, to request free eye care educational materials and determine if they qualify for a referral from one of EyeCare America's 7,500 volunteer ophthalmologists nationwide.



### **Friends For Sight**

661 South 200 East  
Salt Lake City, UT 84111  
(801) 524-2020 or 1-800-675-LOOK (5665)  
[www.for-sight.com](http://www.for-sight.com)

**Services:** Representative personally answer questions, provide referrals to glaucoma specialists, and send out free informative literature about glaucoma.

**Hours:** Monday-Friday, 9am-5pm.

**Fees:** None.



### **Healthy Aging Program**

1992 South 200 East  
Salt Lake City, Utah 84115  
(801) 468-2772

Mailing Address: 2001 S. State #S-1500  
SLC, Utah 84190-2300

**Services:** Eye screening for glaucoma and visual acuity. Various locations. Referrals may be needed.

**Hours:** Monday-Friday 8am-5pm.

**Fees:** Donation basis.

## Vision Services Continued

### ◆ **Low Vision Rehabilitation Services**

Office of Robert M. Christiansen, MD, and Bryan Gerritsen, CLVT  
Physician's Tower 3, 324 Tenth Avenue, #155  
Salt Lake City, Utah 84103  
(801) 408-3937

Services: To provide assistance with optical and non-optical prescription and training in using vision that will assist in completing tasks. Provides magnifiers and other devices to assist with vision (available at a low cost - not covered by Medicare or insurance).

Eligibility: Anyone.

Hours: By appointment.

Fees: Services and training will be covered by Medicare and private insurance for most patients, so cost will be minimal.

### ◆ **Utah State Library for the Blind and Disabled**

250 North 1950 West Suite A  
Salt Lake City, Utah 84116-7901  
801-715-6789  
1-800-662-5540 (Utah Toll Free); 1-800-453-4293 (Out of State Toll Free)

Services: The Library for the Blind and Disabled provides the kinds of materials found in public libraries in formats accessible to the blind and disabled. Books and magazines are available in braille, in large print, and on audio cassettes. Services are provided by the Utah State Library Division in cooperation with the Library of Congress, National Library Service for the Blind and Physically Handicapped. Services are provided free of charge to eligible readers.

Eligibility: Individuals who cannot read regular print because of a visual, physical, or reading disability may apply for service. The application specifies who is eligible and who is qualified to sign to certify eligibility.

Hours: Monday - Friday, 8am-5pm (Mountain Standard Time).

Fees: Call for information

# > Community & Education Services

## Industry and Medical Supply Services

Industry and Medical Supply Organizations	Customer Service Numbers and Web Site	Types of services/ materials available	Patient Assistance Program
Abbott Laboratories/ MediSense	1-800-323-9100 www.abbott.com	Monitors- ExacTech, Precision & Sor-Tact; syringes; strips; software programs; nutritional supplements	For information call 1-800-222-6885 www.helpingpatients.org Together Rx Card www.together-rx.com
Animas Corp	1-877-767-7373 1-877-YES-PUMP (937-7867) - Pump orders www.animascorp.com	Pump; accessories; glucose sensor; computer & PDA based management systems	"Diabetes Trust Fund" (For children and teens) 1-800-577-4383 www.diabetestrustfund.org
AstraZeneca	1-800-237-8898 www.astrazeneca-us.com	Cardiovascular oral medications	Call 1-800-424-3727 to request application.  Together Rx Card www.together-rx.com
Aventis Pharmaceuticals	1-800-981-2491 www.aventispharma-us.com	Insulin- Lantus; Oral tablets- Amaryl; DiaBeta; vaccines	Together Rx Card 1-800-865-7211 www.together-rx.com
Bayer Diagnostics	1-800-248-2637 www.bayerdiagnostics.com	Monitors- Glucometer DEX, Esprit & Elite; lancing device; lancet; software management program	For more information call 1-800-586-4772
Becton-Dickinson	1-888-367-9539 www.bectondickinson.com	Insulin, syringes; pens; swabs; lancets; sharps container; glucose tablets; patient education materials	
Bernard Food Industries, Inc.	1-800-323-3663 www.bernardfoods.com	Sweet'N Low brand baking mixes; SansSucre mousse/ cheesecake mix; SansSucre cinnamon sugar subst.; Longhorn Grill seasonings; Hola! drink mixes	

# Community & Education Services <

## Industry and Medical Supply Services

Industry and Medical Supply Organizations	Customer Service Numbers and Web Site	Types of services/ materials available	Patient Assistance Program
Bristol-Meyers Squibb	1-800-332-2056 www.bms.com	Glucophage; Glucovance; Pravachol; Metaglip; Aquacel; Versiva	Together Rx Card www.bms.com  Call 1-800-332-2056 to find more information on their patient assistance program
Brooklyn Premium Corp	1-718-585-4200 www.brooklynpremium.com	Sweet'N Low; Natra Taste; Sugar in the Raw; Butter Buds; Sweet One; Nu-Salt; Sweet Magic	
Complete Diabetic Systems - A Medicare Assignment Provider	1-800-985-6406 www.diabeticsystems.com	All diabetes supplies	
Cygnus, Inc.	1-650-369-4300 www.cygn.com	GlucoWatch	
Deltec, Inc	1-800-826-9703 www.DeltecCozmo.com	Cozmo insulin pump	Offer 15% off of the price of the pump for self pay (no insurance) and a payment plan for 1 year; offer \$500 trade in for current pump users whose pumps are out of warranty
Diabetes Specialty Center	1-801-268-9699 center in Salt Lake City, Layton, Ogden	Retail sales of all diabetes supplies and medications	
Disetronics Medical Systems	1-800-280-7801 www.disetronic-usa.com	Insulin pumps; infusion sets; injection pen	
Eli Lilly	1-800-545-5979 www.lilly.com	Insulin- Humulin& Humalog, Humulin insulin pen; Actos; Prozac; education materials	Call 1-800-545-5979 and ask about 'Lilly Cares.' Call 1-877-RX-LILLY (877-795-4559) and ask about 'Lilly Answers'
Equidyne Systems	1-877-474-6539 www.injex.com	Injex- insulin needle free injector system	

# > Community & Education Services

## Industry and Medical Supply Services

Industry and Medical Supply Organizations	Customer Service Numbers and Web Site	Types of services/ materials available	Patient Assistance Program
Express-Med, Inc.	1-800-370-1560 www.express-med.com	Meters; lancets; control solutions; insulin pump and supplies; strips; lancing devices; insulin and syringes	For more information call 1-800-701-5226 ext. 3499
FlexSite Diagnostics, Inc.	1-877-212-8378 www.flexsite.com	At-home test kit for hemoglobin A1c and microalbumin	
Forward Motion 1403 S 600 W Ste K Woods Cross, UT 84087	1-801-294-2694 1-801-294-3318	Retail sales of diabetes shoes and inserts, bracing devices and wheelchairs. Provides home visits for fittings and aides in filling out paperwork. Bills Medicare and insurance.	
GlaxoSmithKline	1-888-825-5249 www.gsk.com	Avandia	'Together Rx Card' 1-800-865-7211 or www.Together-Rx.com 'Orange Card' for low-income seniors call 1-888-ORANGE6 'Bridge to Access' for low income patients call 1-866-Patient
Granger Medical Clinic Pharmacy	1-801-965-3639 3725 W. 4100 S. West Valley City, UT84120	Retail sales of all diabetes supplies and medications	
Home Diagnostics, Inc.	1-800-342-7226 www.hdidabetes.com	Monitors- Prestige IQ & LX; strips; lancing device; lancets	

# Community & Education Services <

## Industry and Medical Supply Services

Industry and Medical Supply Organizations	Customer Service Numbers and Web Site	Types of services/materials available	Patient Assistance Program
J.Q. Medical	1-801-942-8582 1-800-231-6820 2370 E. Fort Union Blvd. Salt Lake City, UT 84121	Diabetes/Insulin pump supplies; meters and pump training	
Lifescan/Johnson & Johnson	1-800-524-SCAN (7226) www.lifescan.com	Monitors- One Touch Ultra, InDuo, SureStep, Profile, Basic & Fast-Take; strips; software; lancets; lancing devices; control solutions; education materials	Does not offer a patient assistance program at this time but do offer rebates and trade-in allowances to lower the cost of meters.
Medtronic MiniMed	1-800-MINIMED (646-4633) www.minimed.com	Pumps; continuous blood glucose monitoring system	For more information call 1-800-646-4633
MERCK	1-800-737-2088 www.merck.com	Zocor	Call 1-800-727-5400 M-F 8am-8pm ET
Metrikus	1-760-804-8800 www.iMetrikus.com	Web-based management system for patients and professionals	
Mosby Company	1-800-545-2522 (books/other media) 1-800-654-2452 (periodicals) www.mosby.com	Health Science publications from a leading publisher of books, journals and serial publications	
Novo Nordisk	1-800-727-6500 www.novonordisk-us.com	Insulin- Novolin, insulin delivery devices- InDuo, Innovo, NovoPen, NovoFine, InnoLet; blood glucose monitoring system; Prandin tablets; education materials	For more information call 1-866-310-7549

# > Community & Education Services

## Industry and Medical Supply Services

Industry and Medical Supply Organizations	Customer Service Numbers and Web Site	Types of services/ materials available	Patient Assistance Program
Ortho-McNeil Pharmaceutical	1-800-682-6532 www.ortho-mcneil.com	Acetaminophen; Regranex (wound care)	Together Rx Card call 1-800-865-7211 or www.Together-Rx.com
Pfizer	1-800-223-0432 www.pfizer.com	Glucotrol (glipizide); Viagra; Zoloft; Lipitor; health care information	'Connection to Care' for more information call 1-800-707-8990 'The Share Card' 1-800-717-6005
Pharmacia Corporation	1-800-323-4204 www.pharmacia.com	Zolatan	
Roche Diagnostics	1-800-428-5076 www.accucheck.com	Monitors- Accu-Chek Systems (meter, lancet, strips) Advantage, Active, Compact, Complete, Simplicity & Voicemate; Computer & PDA-based management software system, lancet device	
Roche Pharmaceuticals	1-800-845-7355 www.rocheusa.com	Xenical	For more information call 1-877-75ROCHE 1(877-757-6243)
Ross Products (Division of Abbott)	1-800-986-8510 www.ross.com	Glucerna shakes; snack bars	
Stevens Skin Softener, Inc. uncompleted	1-801-262-4973 1-800-678-7546 www.stevenscream.com	Skin softener cream; antibacterial soap; analgesic cream	
Sween Corporation	1-770-281-8400 www.sween.com	Wound and skin care products	
Takeda Pharmaceuticals North America, Inc	1-877-TAKEDA7 (825-3327) www.takedapharm.com	Actos ( <i>co-promoted w/ Eli Lilly</i> ); Basen	For more information call 1-877-TAKEDA7 (877-825-3327) or visit <a href="http://www.tpna.com/pa-tasstProgram.asp">http://www.tpna.com/pa-tasstProgram.asp</a>



# Community & Education Services <

## Industry and Medical Supply Services

Industry and Medical Supply Organizations	Customer Service Numbers and Web Site	Types of services/materials available	Patient Assistance Program
Timm Medical Systems	1-800-438-8592 www.timmmedical.com	Erectile dysfunction medical devices	
TheraSense, Inc	1-888-522-5226 www.therasense.com	Diabetes management system, PDA-based blood glucose monitoring system; blood glucose monitoring system- FreeStyle, FreeStyle Tracker, FreeStyle CoPilot, test strips	

## **American Cancer Society, Utah Affiliate**

941 East 3300 South  
Salt Lake City, UT 84106  
Phone: (801) 483-1500 or 1-800-ACS-2345  
[www.cancer.org](http://www.cancer.org)

“Everyday Choices for a Healthier Life”. Make the choice to help prevent cancer, diabetes, heart disease, and stroke. The American Cancer Society has teamed up with the American Diabetes Association (ADA) and the American Heart Association to raise awareness that by taking charge of your everyday choices, you can help reduce your own risk and your family’s risk to cancer, diabetes, heart disease, and stroke.

To get more information on helping to prevent these diseases visit [www.everydaychoices.org](http://www.everydaychoices.org) or call 1-866-399-6789.

## **American Diabetes Association, Serving Utah**

1245 E. Brickyard Rd. Suite 30  
Salt Lake City, Utah 84106  
Phone: (800) DIABETES (342-2383)  
[www.diabetes.org](http://www.diabetes.org)

The American Diabetes Association’s mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

The American Diabetes Association (ADA), Utah Affiliate, provides reference materials, professional articles and educational materials (some at cost) from their office to people with diabetes.

To become a member of ADA and get The Journal, Diabetes Forecast, and newsletter, Diabetes Forward, call the number listed above. You will also get discounts on reference materials with membership.

## American Heart Association

Western States Affiliate

144 South 500 East

Salt Lake City, UT 84102

Phone: (801) 484-3838 or (800) 242-8721 Fax: (801) 484-4448

[www.heartsource.org](http://www.heartsource.org) (then click on SLC)

### Simply Fit for Life

People with diabetes may avoid or delay heart and blood vessel disease by practicing good lifestyle management. **Simply Fit for Life** promotes diet and exercise to help individuals achieve a desirable weight.

The classes cover how to make healthier food choices; how to reduce your fat intake; how to read food labels; why and how you should exercise; how to eat out and still eat healthy; working on weight loss plateaus, and much more. Classes meet for one hour each week.

Slim For 'Life' classes are taught by registered dietitians/health professionals or an American Heart Association approved instructor who will take the time to answer your questions.

The classes run quarterly - January, March, June and September. Registration is \$70.00.

Fund raising and educational events are sponsored by the American Heart Association.

Call or visit the website for information about events, programs, locations and times for classes in your area.

## **American Lung Association of Utah**

1930 South 1100 East

Salt Lake City, UT 84106-2317

Phone: (801) 484-4456 or (800) LUNG-USA (586-4872)

[www.lungusa.org](http://www.lungusa.org)

The American Lung Association targets individuals, their friends, relatives and co-workers with smoking prevention, education, and cessation programs, activities materials, and messages. Strategies for working toward smoking cessation include the following programs and materials:

### **Hypnosis Cessation Clinics**

This is a group hypnosis program, conducted in one two-hour session. Individuals go through hypnosis three times during the session. A cassette tape, with the voice of the hypnotherapist, is given to each participant so they may follow up on the self-hypnosis technique and maintenance on the first week following the clinic. Clinics are held once a month at the ALAU office from 6-8 pm, and are always held on a Thursday. **Cost: \$60.**

### **Freedom From Smoking Clinics**

This group process program carries the person through eight sessions in eight weeks. It has the highest success rate of smokers who quit. The clinics are conducted by a trained facilitator. It is conducted at the ALAU office on Tuesday evenings in groups of eight to ten people. **Cost: \$75.**

### **Freedom From Smoking - Self Help Program**

This is a manual designed to help the person prepare themselves psychologically to target a quit day, then takes them through each step on a day-by-day basis until they have stopped smoking. Cost: \$8. No classes and no meetings. A maintenance manual called A Lifetime of Freedom From Smoking is used as a back-up support for a new smoke free lifestyle is available for \$8.

### **7 Steps To A Smoke-Free Life**

This self help manual is patterned after the Freedom From Smoking Program, but with a lot more reading. It is straight forward and sympathetic guiding the reader through the seven steps leading to a longer, healthier life. **Cost: \$11.50.**

### **Quitting For Life - A guide to quitting smoking, Self Care Handbook**

A self help booklet that takes you through four phases of quitting, offers you options, helps you cope with withdrawal, offers exercises and relaxation techniques, and sources of help. **Cost: \$5.**

## Horizonte Instruction and Training Center

1234 South Main Street  
Salt Lake City, Utah 84101  
Phone: (801) 578-8574 Fax: (801) 578-8577

Valuing the diversity and individual worth of students, Horizonte Instruction and Training Center, a multi-cultural learning center, will provide the education and skills necessary for students to achieve self-sufficiency and become contributing participants within their communities.

Horizonte is a unique non-traditional public high school in the Salt Lake City School District. It is nationally recognized for its 'student centered' philosophy, and mission valuing the diversity and individual worth of each student. Programs within Horizonte include an Alternative High School, Young Parent Program, Adult High School, English as a Second Language, School to Career, and Student Support Services.

The school's staff teaches at 26 different sites around the city, serving high risk and disadvantaged learners in cooperative partnerships with over 50 different public, private and nonprofit agencies. Students range in age from 12 to 85, come from over 64 countries, and speak more than 82 languages.

## **Juvenile Diabetes Research Foundation (JDRF)**

### **Utah JDRF Chapter**

350 South 400 East, Suite 115

Salt Lake City, Utah 84111

Laura Western, Director

Phone: (801) 530-0660 or (800) JDF-CURE (533-2873) Fax: (801) 530-0670

[www.jdrf.org](http://www.jdrf.org)

### **Purpose:**

The Juvenile Diabetes Research Foundation (JDRF) is a not-for-profit, voluntary health agency with chapters and affiliates throughout the world. JDRF's main objective is to support and fund research to find a cure for diabetes and its complications. JDRF gives more money directly to diabetes research than any other private health agency in the world.

The organization awards research grants for laboratory and clinical investigations and sponsors a variety of career development and research training programs for new and established investigators.

JDRF also sponsors international workshops and conferences for biomedical researchers. Individual chapters offer support groups and other activities for families affected by diabetes.

### **General Chapter Description:**

Each JDRF chapter serves as a central resource for information about the local diabetes community and about the progress JDRF and others have made in the search for a cure.

Under the direction of volunteer Boards of Directors and the combined efforts of professional staff and many volunteers, the chapters provide education to the public, outreach programs to those living with diabetes, and regional support for government advocacy programs on behalf of diabetes research. JDRF chapters also coordinate and implement the Foundation's fund raising programs that support research throughout the world.

## Mental Health Association in Utah

1800 South West Temple, Suite 500

Salt Lake City, Utah 84115-5857

Phone: (801) 569-3705 Fax: (801) 596-3658

Website: <http://www.xmission.com/~mhaut/>

Email: [mhaut@xmission.com](mailto:mhaut@xmission.com)

### Mission and Focus:

The Mental Health Association in Utah (MHAU) promotes and supports mental health and seeks to improve the care and treatment of persons with mental illness by effecting improvement in public policy and through public education.

### Programs and Activities:

- Network with other advocacy and health related organizations to respond to the timely mental health issues and concerns on local, state, and national level.
- Depression awareness and treatment activities for women, the elderly, children, youth and individuals with illnesses and more.
- Provide Advocacy Kits with tips and ideas so that “everyone can make a difference” in fostering mental health.
- Issue Legislative Alerts and up to date news on issues related to mental health.
- Promote public acceptance of individuals with mental health issues and a social environment which encourages mental well being for every individual.
- Provide information services to groups, individuals, organizations, conferences, schools, health, fairs, consumer groups, and the community.
- Actively promote greater cooperation and communication between groups working for mental health.
- Provide speakers on mental health topics.

### October 7th is National Depression Screening Day.

MHAU is a year around screening site for depression and each year we participate in National Depression Screening Day. On this day people can go to a number of sites in Utah including MHAU and receive a free screening for clinical depression, bipolar disorder, anxiety disorders and post traumatic stress disorder.

# >Community & Education Services

## **Utah Diabetes Prevention & Control Program (DPCP)**

Utah Department of Health, Bureau of Health Promotion

PO Box 142107

Salt Lake City, Utah 84114-2107

Phone: (801) 538-6141 Fax: (801) 538-9495

[www.health.utah.gov/diabetes](http://www.health.utah.gov/diabetes)

The Utah Department of Health Diabetes Prevention and Control Program (DPCP) has been funded since 1980 by the Centers for Disease Control and Prevention (CDC). The DPCP mission is to work in partnerships to improve the quality of life of all Utahns at risk for, or affected by, diabetes.

We Work to:

- Inform Utahns of the seriousness, symptoms, & risk factors of diabetes
- Help Utahns with diabetes learn to control thier diabetes and prevent complications
- Increase awareness of methods to preventon type 2 diabetes in Utahns with impaired fasting glucose or impaired glucose tolerance.
- Decrease or delay complications due to unmanaged diabetes
- Improve insurance coverage for Utahns with diabetes
- Assure access to high quality diabetes education programs
- promote improved quality of medical care in local communities

The following are activities of the DPCP to improve the quality of life of all Utahns with diabetes and those affected by the disease:

- Collect, analyze, and distribute regional and statewide Utah diabetes data
- Certify diabetes self-management education programs
- Partner with primary care providers and other health professionals
- Partner with health insurance plans
- Conduct diabetes public awareness campaigns
- Offer diabetes continuing education presentations for healthcare professionals
- Develop, distribute, and promote “Utah Diabetes Practice Recommendations”
- Collaborate with diabetes agencies and stakeholders in the community
- Provide funding to community agencies for local diabetes activities

Contact the program for further information or if you are interested in partnering.



## Utah Department of Health Bureau of Health Promotion

The Bureau of Health Promotion under the Community and Family Health Services Division offers the following programs. You can reach someone in any of these programs by calling (801) 538-6141. You can also access each of their websites by going to [www.health.utah.gov/diabetes/resourcesmain/dmlinks.htm](http://www.health.utah.gov/diabetes/resourcesmain/dmlinks.htm)

**Arthritis Program** – [www.health.utah.gov/arthritis](http://www.health.utah.gov/arthritis)

Information on public seminars, self-management courses and data

**Asthma Program** – [www.health.utah.gov/asthma](http://www.health.utah.gov/asthma)

Information on state, school planning and data

**Baby Your Baby** – [www.babyyourbaby.org](http://www.babyyourbaby.org)

Information on pregnancy - before, during and after, and for infants.

Call 1-800-826-9662 for a FREE Health Keepsake book

**Cancer Control Program** – [www.utahcancer.org](http://www.utahcancer.org)

Information for free mammograms, community resources, screening services and contracting health care providers

**Check Your Health** – [www.checkyourhealth.org](http://www.checkyourhealth.org)

Information on nutrition, physical activity and screenings. You can also view weekly Check Your Health segments online. Call 1-888-222-2542 for a FREE Nutrition and Activity Tracker

**Diabetes Prevention and Control Program** – [www.health.utah.gov/diabetes](http://www.health.utah.gov/diabetes)

Information about diabetes, continuing education, facts and figures and program materials

**Heart Disease and Stroke Prevention Program** – [www.hearhighway.org](http://www.hearhighway.org)

Information about heart disease and stroke, risk factors, physical activity, nutrition and school programs. To begin a walking program go to <http://utahwalks.org/>

**Tobacco Program** – [www.tobaccofreeutah.org](http://www.tobaccofreeutah.org) or [www.utahquitnet.com](http://www.utahquitnet.com)

The Utah Tobacco Quit Line for teens and adults is 1-888-567-TRUTH (8788);

Spanish speakers call 1-877-2NO-FUME (266-3863)

Programs include 1) information and referral; 2) brief intervention and counseling; 3) single in-depth intake and counseling; and 4) intensive cessation

# > Community & Education Services

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## **Utah Department of Health Bureau of Health Promotion** ---

### **Utah Cancer Action Network** – [www.ucan.cc](http://www.ucan.cc)

Provides information on colon cancer early detection, skin cancer prevention, prostate and other cancers

### **Violence and Injury Prevention Program** – [www.health.utah.gov/vipp](http://www.health.utah.gov/vipp)

Information on fatal and non-fatal injuries, reports and data

### **Worksite Wellness** – [www.health.utah.gov/worksitewellness](http://www.health.utah.gov/worksitewellness)

Local connection to worksite health promotion and wellness information and the annual Utah worksite health promotion conference

**\*Please visit each program's website as they offer much more information and specifics than is listed above.**

## Davis

### **Davis Hospital & Medical Center**

1600 West Antelope Drive

Layton, UT 84041

Contact: Rachel Marroquin

Phone: (801) 350-8108

#### **Services Offered:**

Individual Instruction

Group Classes

## Salt Lake

### **Jordan Valley Hospital**

3580 West 9000 South

West Jordan, UT 84088

Contact: Rachel Marroquin

Phone: (801) 350-8108

#### **Services Offered:**

Individual Instruction

Group Classes

### **Pioneer Valley Hospital**

3460 South Poiner Parkway

West Valley City, UT 84120

Contact: Rachel Marroquin

Phone: (801) 350-8108

#### **Services Offered:**

Individual Instruction

Group Classes

### **Salt Lake Regional Medical Center**

1050 East South Temple

Salt Lake City, UT 84102

Contact: Rachel Marroquin

Phone: (801) 350-8108

#### **Services Offered:**

Individual Instruction

Group Classes



# Utah Department of Health



Diabetes Prevention  
& Control Program

UTAH DEPARTMENT OF HEALTH

PO Box 142107 Salt Lake City, Utah 84114-2107  
(801) 538-6141  
[www.health.utah.gov/diabetes](http://www.health.utah.gov/diabetes)

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